

Mexican-Style Cornbread Squares

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat/enriched blend flour	8 oz	1 3/4 cups 2 Tbsp	1 lb	3 3/4 cups	1. Combine flour, cornmeal or corn grits, sugar, baking powder, and salt in a mixing bowl. Mix for 1 minute on low speed.
Cornmeal	8 oz	1 1/2 cups	1 lb	3 cups	
OR	OR	OR	OR	OR	
Enriched corn grits	8 oz	1 1/4 cups 2 Tbsp	1 lb	2 3/4 cups	
Sugar	2 2/3 oz	1/4 cup 2 Tbsp	5 1/4 oz	3/4 cup	2. In a separate bowl, mix eggs, milk, oil, cheese, and chili peppers. Add to dry ingredients and blend for 30 seconds on low speed. Beat for 1 minute on medium speed.
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup	
OR		OR		OR	
Fresh large eggs		3 each		5 each	
Low-fat 1% milk		1 3/4 cups 2 Tbsp		3 3/4 cups	

Instant non-fat dry milk, reconstituted		1 3/4 cups 2 Tbsp		3 3/4 cups
Vegetable oil		1/4 cup		1/2 cup
Reduced fat cheddar cheese, shredded	6 oz	1 3/4 cups	12 oz	3 1/2 cups
Green chili peppers, chopped	2 oz	1/4 cup	4 oz	1/2 cup

3. Scrape down sides of bowl. Beat for 1-2 minutes on medium speed. DO NOT OVERMIX. Batter will be lumpy.

4. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 3 lb 1 oz (1 qt 3 1/4 cups) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

5. Bake until lightly browned: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 20-25 minutes.

6. No CCP necessary.

7. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

Notes

A new nutrient analysis will be coming. Edited July 2014. Restandardization in progress.

The grain ingredient in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Serving	Yield	Volume
1 piece provides the equivalent of 1 slice of bread.	25 Servings: 3 lb 1 oz (batter)	25 Servings: 1 quart 3 ¼ cups (batter) 1 pan
	50 Servings: 6 lb 2 oz (batter)	50 Servings: 3 quarts 2 ½ cups (batter) 2 pans

Nutrients Per Serving					
Calories	131	Saturated Fat	1 g	Calcium	132 mg
Protein	4 g	Cholesterol	24 mg	Sodium	211 mg
Carbohydrate	18 g	Vitamin A	138	Dietary Fiber	1 g
Total Fat	4 g		unknown		
		Iron	1 mg		